

Michigan Governor's Council on Physical Fitness Endorsed Events Sept /Oct /Nov 2007

FIT 2007

April 1 - October 31, 2007

Free physical activity program for the residents of Kalamazoo County. Participants will register and track their activity online at www.Fit2007.org. They are encouraged to be active a minimum of 150 minutes per week. All types of physical activity are encouraged including walking, running, biking, dancing, yard work, etc. Kick-off event to be held Sunday, April 15th in Portage with a celebration event in October in Kalamazoo. In addition, sponsors (Bronson & Borgess Hospital Fitness Centers, and parks departments - Kalamazoo City, Portage City and Kalamazoo County) will each host a special event open to the community. Other events will be conducted by participating businesses and organizations. To help inspire the commitment of participants, community activity will be tracked and reported to the media, and team activity reported to team leaders.

Contact info: Bobbi Jo Gamache

Publicity, Walking Together of Greater Kalamazoo

269-998-7446

bobbijog@voyager.net

www.Fit2007.org

Golden Shoe Campaign

April 20 - October 19, 2007

The Golden Shoe Campaign is a 6 month walking initiative that will run from April 2007 thru October 2007. The campaign features designated walking routes in Grand Haven, Holland and Zeeland. As part of the promotional effort, every 2 weeks a "golden shoe" will be hidden along each identified route. Individuals finding these "golden shoes" will be awarded a certificate for a free new pair of walking shoes. In addition, every time a participant walks the designated route they can enter to win a Wellness Basket. The baskets are filled with donations from local businesses. The more a person walks, the better their chance of winning a basket!

Contact info: Becky Shupe; OCWC Steering Committee Member

Health Promotion Supervisor, Ottawa County Wellness Coalition (OCWC)

616/393-5791

rshupe@co.ottawa.mi.us

Civic Center Park Walk

May 21 - Sept. 20, 2007

Mondays & Thursdays May 21 - September 20, 2007 Civic Center Park Walk is a great time to get together with friends in the great outdoors. Get healthy and enjoy the many benefits of walking. Rev up your energy level and help us Get Michigan Moving! Monday and Thursday at 8:00am from May 21-September 20, 2007. Meet at the Woodhaven Community Center, 23101 Hall Road, Woodhaven, MI 48183

Contact info: Kathy D'Angelo

Director, Woodhaven Dept. of Parks & Recreation

734 675-4926

kdangelo@woodhavenmi.org

www.woodhavenmi.org

Alpena Senior Centers Walking Group

May 30 - October 1, 2007

In an effort to promote healthy aging, we are starting a walking group that will tie in with the Lets Get Moving Alpena program. We are also a sponsor this year of the Lets Get Moving program so individuals can come into the Center and register their miles. To encourage individuals and to help keep them motivated, we have made arrangements to have "walking buddies" for the seniors. Alpena Township Fire and Rescue members have agreed to be buddies as well as members of the Center staff. The City is in the process of completing the bridge and river walk on the east side of the river so we are promoting the soon to be completed river walk as well.

Contact info: Grace Marshall

Executive Director, Alpena Senior Citizens Center

989-356-3585 ext 11

gmarshall@speednetllc.com

Breast Cancer 3-Day

September 28-30, 2007

The Breast Cancer 3-Day is a 60-mile walk for women and men who want to make a personal difference in the fight against breast cancer. Participants commit to fundraising, training and dedicating an entire weekend to the cause. The 2007 Breast Cancer 3-Day Series will generate millions of dollars to fund critical breast cancer research and community outreach programs. Eighty-five percent of the net proceeds raised from the Breast Cancer 3-Day will benefit Susan G. Komen for the Cure, which is leading the global movement to end breast cancer forever, by funding research and community outreach programs. Fifteen percent of the net monies raised will benefit the National Philanthropic Trust Breast Cancer Fund, a special field-of-interest fund that will provide support for breast cancer initiatives including research, treatment, prevention and education. Breast Cancer 3-Day participants travel an average of 20 miles a day during each event, raising awareness for breast cancer programs and breast health messages along the way. Participants are provided meals, snacks, liquids, mobile showers, tents, safety guidelines, 24-hour medical support – all resources needed for a safe and memorable experience.

Contact info: Chris Pearson

Recruitment Coordinator, The National Philanthropic Trust

517-321-7800

cpearson@event360.com

www.The3Day.org

The Food Allergy and Anaphylaxis Network, FAAN; Moving Toward a Cure Walk for Food Allergy

September 29, 2007

One of 20 National walks. Michigan will consist of a 2.5 mile walk with family activities following.

Contact info: Melinda Miller

Local Walk Chair, The Food Allergy and Anaphylaxis Network

248-435-6879

mifaanwalk@yahoo.com

www.foodallergy.org

Capital City River Run

September 30, 2007

1/2 marathon run and 5K run/walk. Event also features races for children.

Contact info: Dick Miles

Co-Race Director, Impression 5 Science Center

517-373-2378 (day)

rmileselan@comcast.net

ccriverrun.org

Pi Mile: 5k Run/Walk for Charity

October 27, 2007

5k run/walk for charity. This year's charity is APAIDSCON, as AIDs awareness organization that is working to bring attention to the AIDs epidemic in India through educational and community outreach programs, both in India and around the world.

Contact info: Danielle Vandine

Service Co-Chair/Co-Director of Pi Mile, Phi Sigma Pi National Honor Fraternity

586-876-4341

pimile1997@gmail.com

www.pisigpimsu.org

Rescue Run 2007 5K Run/Walk

October 13, 2007

Rescue Run 2007 is a 5k run/walk.

Contact info: Rachael Neal

Development Assistant, Macatawa Bank and Holland Rescue Mission

616.396.2200 x425

rachaeln@hollandrescue.org

www.hollandrescue.org

Norris Ingells Walk for Nature

October 20, 2007

The walk is to acknowledge and honor the contributions of Norris Ingells to nature education and Fenner Nature Center. This fundraising event will be appropriate for all ages and abilities, and includes an 'accessible' trail, and will highlight areas of Fenner Nature Center. The funds raised will be used to support the Norris Ingells Nature Education Fund. Snacks and drinks will be provided, and each walker will get a t-shirt with a Norris Ingells photo image. There will also be a drawing for donated prizes. The walk will finish prior to the beginning of the Annual Apple Butter Festival at Fenner Nature Center.

Contact info: Gene Wasserman

Board member, Friends of Fenner Nature Center

517-483-4224

NA

www.fofnc.org

Detroit Free Press/Flagstar Marathon

October 21, 2007

Marathon, 1/2 Marathon, 5K Run/Walk

Contact info: Patricia Ball

Race Director, Detroit Free Press/Flagstar Bank

313-222-6676

marathon@freepress.com

www.detroitmarathon.com

Fit Novi - Candy Cane 5k and Santa Fun Run

November 30, 2007

Candy Cane 5k and Santa Fun Run November 30, 6:00pm What a great family event kicking off the holiday lighting and parade downtown Novi. This is not your typical Ho-Hum running event. Bring the entire family out to enjoy this Holiday treat.

Contact info: Kenny Krell

Race Director, 3 Disciplines

810-714-5768

kenny@3disciplines.com

www.3disciplines.com

Governor's Council on Physical Fitness, Health and Sports

<http://www.michiganfitness.org/endorsements/index.php>